

GOVERNMENT DENTAL COLLEGE & HOSPITAL, NAGPUR

SPORTS CLUB



A healthy mind goes hand in hand with a healthy body. Government Dental College & Hospital, Nagpur recognises the need for overall development and has provided adequate facilities.

The college boasts of the following Sports Facilities for boys & girls:

Table Tennis

Badminton

Volleyball

Carrrom

Chess

Basketball

Lawn Tennis

Cricket / Football Ground





Girls actively participating in College Sports Competition





Students are encouraged to take part in indoor/outdoor sports facilities as they enhance the personality of individuals by imparting various traits in them. Sports are said to boost alertness, discipline, team spirit, mental ability, confidence and concentration of a student. It doesn't matter what kind of



Sports not only contribute to shaping student's personality but also impact their academic performance significantly. There have been many studies proving that students involved in sports during their college life perform better in academics. Reasons for this can be many, as sport teaches you the skills of time management and also act as a stress buster when you are loaded with too many assignments and deadlines. Students need to take a break from their daily routine to ensure that they have stable mental health. And what better way than involving yourself in sports, to take that much-needed break? Such productive breaks enhance your capacity to think, learn, focus, and contribute to academics.



Sports is an essential part of a student's life, as it focuses not only on the physical fitness aspect but also teaches you various life lessons which help in building your personality and ensuring a disciplined and bright future. At Government Dental College & Hospital, Nagpur, by the means of Sports club we have always aimed at providing excellent infrastructure to our students. We believe in the holistic development of students, by encouraging a balance between curricular and co-curricular activities.